

Evaluation knowledge of women's regarding uterine fi broids at Zagazig University Hospital

Sabah Lotfy Mohamed El Sayed

Zagazig University, Egypt

Biography

Rajeev R Shah is currently pursuing her Doctoral studies at ICAR-NIANP, Bangalore, India. She has completed her masters in Biotechnology. Her area of research interest is related to nutraceuticals and its effect on gut health. Her research work is focused to establish an effective and acceptable enzymatic process of D-tagatose production keeping in view the expected demands of D-tagatose in near future and to evaluate its prebiotic and anti-diabetic properties through in- vitro and in-vivo experimental models. She has experience in research and teaching. Her interest lies in conducting a long-term scientific research in the field of nutraceuticals and their role in modulating the gut microbial composition impacting the health and well-being of both animal and human.

Abstract

Objective: To evaluate knowledge of women's regarding uterine fi broids at Zagazig University Hospital. **Design:** A descriptive study design. **Setting:** the study was conducted in the gynaecological department and the outpatient clinic of Zagazig University.

Patients: One hundred women diagnosed with uterine fi broids selected by a purposive sampling over one year. An interviewing questionnaire sheet was designed for data collection and brochure for counselling women with uterine fi broids. **Interventions:** The researchers explained the aim of the study for woman before collecting the data. They visited the setting of the study from 9 Am to 12 Pm for three days every week.

Main Outcome Measures: Women knowledge regarding uterine fi broids. **Results:** More than 53% of the women have been in the age group for more than 41 years, there was an average level of knowledge among the women suffering from uterine fi broids.

Conclusion: The majority of women had an average knowledge about uterine fi broids.

Recommendations: Design awareness program about improving knowledge of women with uterine fi broids through (sessions, orientation, refreshment courses, etc ...) **Keywords:** Awareness, Knowledge, Uterine fi broids.

Publication

Rinninella E, Raoul P, Cintoni M, (2019) What is the Healthy Gut Microbiota Composition? A Changing Ecosystem across Age, Environment, Diet, and Diseases. *Microorganisms* 7(1): 14

Likotrafiti E, Tuohy KM, Gibson GR, Rastall RA (2013) Development of antimicrobial synbiotics using potentially-probiotic faecal isolates of *Lactobacillus fermentum* and *Bifidobacterium longum*. *Anaerobe* 20: 5–13.

Alakomi HL, Skyttä E, Saarela M, Mattila-Sandholm T, Latva-Kala K, Helander IM (2000) Lactic acid permeabilizes gram-negative bacteria by disrupting the outer membrane. *Applied and Environmental Microbiology* 66(5): 2001-2005

Valdés-Varela L, Ruas-Madiedo P, Gueimonde M (2017) In vitro fermentation of different fructo-oligosaccharides by *Bifidobacterium* strains for the selection of synbiotic combinations. *International Journal of Food Microbiology* 242: 19-23.

